

Unscramble the Letters

An activity of "Come, 'bathe' in a forest"

Forest bathing is good for health. Read **"Come, 'bathe' in a forest"** (page 18, *What's Up* March 2021) to find out more. Working in pairs, unscramble the letters of words in brackets. For help, search the article and the internet.

1. Forest bathing is an (immrvseie) **i** _____ **e** experience in (ntuare) **n** ____ **e**.
2. It is best experienced in a (froset) **f** ____ **t** or park surrounded by (teers) **t** ____ **s** but it can be done in a (grdaen) **g** ____ **n** outside your home or even in your home — (seuonudrrd) **s** _____ **d** by your plants.
3. It can be achieved by quiet (matetiodin) **m** _____ **n**, taking a (wlak) **w** ____ **k**, or practising yoga or tai chi.
4. The important thing is to be around, or better yet, surrounded by (ptalns) **p** ____ **s** and to avoid (dtoascitins) **d** _____ **s**. A forest, water (chamtcent) **c** _____ **t** area or park (cntconoer) **c** _____ **r** would be ideal.
5. The benefits of forest bathing are both (mtneal) **m** ____ **l** and (pgyshoolaciiil) **p** _____ **l**.
6. Forest bathing has been shown to:
 - a) boost our (iemnume) **i** ____ **e** system
 - b) (rceude) **r** ____ **e** stress
 - c) boost (egerny) **e** ____ **y** levels
 - d) lower blood (psesrure) **p** _____ **e**
 - e) improve our (mood) **m** ____ **d**
 - f) (ivmrpoe) **i** _____ **e** sleep
7. It is believed that being around plants helps us because the air around trees is richer in oxygen from (ptsoyiehhtnsos) **p** _____ **s** and, also because we breathe in a chemical called (pidetconhys) **p** _____ **s** which plants give off.

8. Phytoncides are airborne and have (ainriacatebt**l**) **a** _____ **l** and (afntiagun**l**) **a** _____ **l** properties. When we (baerhte) **b** _____ **e** this in, it benefits us.
9. Biologists and researchers believe that we are “hardwired” or (dgensied) **d** _____ **d** to live close to and interact with nature. We need to be near nature to be (hahlety) **h** _____ **y** and (hpapy) **h** _____ **y**.
10. (Utioaiansr**bn**) **U** _____ **n**, our hectic lifestyles, and our (aictiddon) **a** _____ **n** to electronic (dcveeis) **d** _____ **s** are all keeping us away from nature, bringing on a modern affliction called “nature deficit disorder”.
11. We are very fortunate that we can easily reach parks for forest bathing. Try it. Oh... and remember to leave your (honapndhes) **h** _____ **s** at home!